

**ABSTRACT OF THE DISCLOSURE**

The present invention relates to a composition for the optimization of the adaptive immune system based on aged garlic extract, to a process for preparing the same, and to a method of administration or usage with a specific dosage schedule. The composition is free from unpleasant after body odors or side-effects. The invention of this disclosure uses a well-known herb/food as a supplement/medicinal agent, namely garlic, which when prepared and aged in combination with brandy alcohol, and utilized as disclosed herein, is effective with upper respiratory infections, colds, and influenza prevention for up to 2 years, easy to use, and less expensive than similar products available in the market. A method for preparing said composition is disclosed.